

***Study on Making Chicken Nugget by  
Substituting Plantain Peel Flour  
as a Functional Food***

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***ABSTRACT***

Adequate fiber consumption can have a positive impact on health by preventing the risk of cardiovascular disease, stroke, hypertension and diabetes mellitus. This research aims to develop a functional food product as a source of fiber in the form of chicken nugget substituted for plantain peel flour. The experimental design used was a Completely Randomized Design (CRD). Determining the formulation for making chicken nuggets using the ratio of wheat flour: plantain peel flour, namely P1 (4:6), P2 (5:5), P3 (6:4), P4 (7:3), P5 (8:2), P6 (9:1) and done four repetitions. Based on the research results, it showed a significant real difference ( $P < 0.05$ ) in the fiber content of chicken nuggets in each treatment with the highest content found in P1 (4:6) and the lowest dietary fiber content in P6 (9:1). There are 3 treatments that meet the requirements for claims as sources of dietary fiber. The best treatment for chicken nuggets is P5 based on the effectiveness index test. The proximate test results of chicken nuggets with the best treatment had an energy content of 325.18 kcal, 14.65% protein, 12.82% fat, 37.80% carbohydrates and 1.88% dietary fiber. The characteristics of the best treatment have a slightly dark brown color, with no bitter taste typical of plantain peel flour, no aroma typical of plantain peel flour, and a soft texture.

*Keywords: Chicken Nugget, Food Fiber, Plantain Peel Flour.*